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Canada Food Board

# EAT MORE FISH

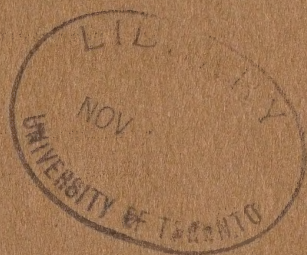
HOW TO PREPARE COOK AND SERVE CANADIAN  
FISH, AND SO CONSERVE CANADIAN BEEF  
AND BACON FOR THE SOLDIERS  
AT THE FRONT.



MACKEREL



CANADA



*Canadians consume 29 pounds of fish per head of population in a year. The normal consumption in Great Britain is 56 pounds per year. Canadian consumption of meat is out of all proportion to the food value of fish.*

*In time of war it is Canada's duty to do her utmost in view of the demands of the armies upon her supplies of Beef and Bacon, to make fullest possible use of the abundant supplies of food fish obtainable from Canadian waters. This is one way of serving the country in the time of need.*

W. J. HANNA.

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# FOOD VALUES OF FISH.

## SOME COMPARISONS OF FISH WITH OTHER FOODS.

**T**HE value of any food to the body is reckoned upon its yield of digestible nutrients, chiefly in the form of protein, fat, starch and sugar. The market demand for it frequently depends upon its cost.

Fish yields a great deal of protein (the chief body-building material) and in many cases at considerably less cost than meat, eggs, and milk.

Conserve the land products by eating the products of the sea. There is no way in which meats can be saved so well as by using fish in the place of meat. We have been large meat eaters and have on occasions used fish as a change or as a lenten dish on one day of the week instead of meat, but we have not considered it as a steady article of diet. Most fish, properly cooked, are digested with more ease than meat, and are completely absorbed, so that we can substitute fish for a large part of the meat now eaten with profit and increased health.

The energy yielding value of a food is reckoned in calories. A calorie is the unit of heat or energy generated in the human body by the assimilation of a certain amount of food. In other words, the heat necessary to raise four pounds of water one degree Fahrenheit, is one calorie.

The energy value of fish, especially of the oily fish, compares favourably with other foods:

Generally speaking fish has about the same percentage of digestibility as meat, the non-oily kinds being more easily digested than the oily ones.

The calorie rating of different foods is not a complete measure of their value. A better test is the proportion absorbed by the human body as tissue-and-blood-building elements. From this point of view fish foods rank very high.

## CLASSIFICATION.

Fish may be classified as:—

**Oily**—as Salmon, Trout, Mackerel, Herring, etc.

**Non-Oily**—as Haddock, Cod, Hake, Pollock, Halibut.

In the oily fish the fat is mingled through the flesh, and in the so-called non-oily, the oil is contained in the liver, and is therefore removed when the fish is dressed for cooking.

## PURCHASING.

Fish appears on the market in the form of fresh, salt, dried and smoked, shredded, frozen and canned fish. Most markets offer Smoked Salmon, Haddock, Trout and Herring, shredded Codfish, salted and dried Cod, Hake and Pollock, while Herring appears also in the form of Kipperd Herring and pickled Herring. There are many brands of canned salmon, differing in appearance and in price, but while some of the cheaper brands of canned salmon are somewhat less attractive in colour and shape, their food value is about the same. In purchasing fresh fish, see that the eyes are bright and prominent, that the flesh is firm, and the gills red.

Many fish such as Skate, Red Cod, Ling Cod, Burbot, Cusk, Mullet, Catfish, Silver Hake and Gray Fish, are of excellent food value, but there has been comparatively little market for them because they have not been well known.

## WHAT TO DO WITH FISH IN DANGER OF SPOILING.

Fish will keep longer cooked than raw, so that surplus fresh fish can be cooked by steaming, boiling or baking, and then this can be reheated when needed; or they can be baked in a granite pan with the addition of a quantity of weak vinegar, salt, pepper and a bay leaf. This pickled fish is excellent either hot or cold. Any left-over fish (not pickled in vinegar) can be used to make creamed fish, scalloped fish, fish pie or fish chowder.



## PREPARATION OF FISH.

When fresh fish are prepared by scaling or skinning, they should be wiped with a clean, dry cloth, and placed dry in a cold place. If put in cold water, food substance will be dissolved and so lost.

Before boiling, salt fish must be soaked for several hours in cold water to remove some of the salt. This water should be changed several times, or, better, place the pan containing the fish under a tap which is allowed to drip, thus insuring constant change of water.

The head and tail of a fish may or may not be removed, according to size of the fish and manner of cooking. Small fish are generally served with head and tail left on. If the head is left on, the eyes should be removed.

### FROZEN FISH.

Frozen fish must be placed in cold water to have the frost drawn out. When this is completed, clean and prepare as any other fish, and cook in any desired form. Fish which has been frozen is just as nutritious as any other, and its cheapness should make it more widely known.

### TO BONE A FISH.

To bone a fish, first clean and skin. Then beginning at the tail, run a sharp knife under the flesh close to backbone, and with knife follow the bone (making as clean a cut as possible) its entire length, thus accomplishing the removal of one-half the flesh; turn, and remove flesh from other side. Pick out with the fingers any small bones that may remain.

### TO FILLET A FISH.

To fillet a fish, clean, skin, and bone. A piece of fish, large or small, freed from skin and bones, is known as a FILLET. Halibut, cut in three-fourths inch slices, is more often cut in fillets than any kind of fish, and these are frequently rolled. When flounder is cut in fillets, it is served under the name of Fillet of Sole. Sole found in English waters is much esteemed, and flounder is our nearest approach to it.

## METHODS OF COOKING.

The value of fish as an article of diet depends largely upon the method of its cooking. Fish in fine condition, well cooked, neatly served, and with appropriate sauce, stimulates the appetite, induces a flow of saliva and favours digestion and absorption; while fish badly cooked and served carelessly is unappetizing and undesirable. There are many methods of cooking fish.

**FRYING**—Prepare the fish for frying in one of the three following ways:

- (1) Roll in cornmeal, sifted oatmeal, or flour.
- (2) Dip in prepared batter.
- (3) Dip in egg, then in bread crumbs.

No. 1, with oatmeal or cornmeal, is most economical.

The fish may be fried in a frying-pan with enough fat to keep it from adhering to the pan, brown on one side, then turn over and brown on the other. This is called pan-broiling; or it may be fried in deep fat until brown. In pan-broiling the pan must be hot, and in deep frying the fat should be very hot. When the fish is removed from the deep fat it should be placed on paper or a clean cloth so as to absorb the fat, then placed on a hot dish and served.

### HOW TO BOIL FISH.

Clean and wash in cold salted water any fresh fish suitable for boiling, such as, Cod, Haddock, Eel, Mackerel, or Hake, cut off the fins, take out the eyes from small fish, wrap and pin in cheese-cloth and put into boiling water, add salt and a tablespoon of vinegar. The water must not boil vigorously. Allow ten minutes for each pound, and ten minutes extra for a large fish; when done, lift out, drain, and serve hot on a dish with appropriate garnishes and sauces. So estimate the time of cooking as to be able to serve the fish hot immediately it is cooked.



## HOW TO BAKE FISH.

Clean the fish, remove the eyes if the head is left on, rub with salt, fill with the dressing and sew the edges together; place on a rack, skewer into the shape of an S. This is done by putting the skewer through the tail into the middle of the body and through the head, then drawing up. Dredge with flour and put a little fat in the pan, and baste the fish every ten minutes. Cook in a hot oven. Allow ten minutes for every pound of fish, and ten minutes extra. Garnish with parsley, and serve with drawn butter or suitable fish sauce.

**Dressing for Baked Fish**—1 cup soft bread crumbs; 1 teaspoon onion juice or grated onion;  
 $\frac{1}{4}$  teaspoon salt; 2 tablespoons melted dripping;  
 $\frac{1}{4}$  teaspoon pepper;  $\frac{1}{2}$  teaspoon mixed seasonings;  
 1 teaspoon chopped parsley.

Mix the seasoning with the bread crumbs, then add the melted dripping. If moist dressing is required, moisten with milk.

## HOW TO BROIL FISH.

Clean the fish and remove the head and tail; if a large fish, remove also the backbone; if very large, cut into steaks. Rub with butter, then salt and pepper. Grease the broiler, sear the fish on one side, then the other. When cooked, the flesh separates from the bone. Season, garnish, and serve.

## GARNISHES FOR FISH.

The appearance of the fish when served is much improved by the addition of a garnish of parsley, lemon cut into various shapes, cress, egg, beet pickle slices, etc.

# BEST METHODS OF COOKING DIFFERENT FISH

All fish can be fried. Some lend themselves to boiling and for Chowders, whilst others are better baked or broiled. We give the following list of ways in which the different fish are best:

**Fried**—Perch, Catfish, Goldeyes, Maskinonge, Bass, Pickerel, Pike, Dore, Trout, Smelts, Herring, Soles, Flounders, and any small fish are better fried.

**Broiled**—Any fish that can be fried can be broiled.

**Boiled**—Bluefish, Carp, Codfish, Haddock, Hake, Halibut, Salmon, Sea Trout, Skate, Mackerel, White Fish, Maskinonge, Lake Trout and Pike.

**Baked**—Bluefish, Bass, Carp, Cod, Hake, Pollock, Haddock, Halibut, Salmon, Fresh Mackerel, Large Sea Bass, Shad, Sea Trout, Flounders, and Herring.

**Eels**—may be stewed, fried, baked or pickled.

**Fish Balls**—Take left-over fish, remove all the bone and shred finely. Boil, mash, and season potatoes according to the quantity required. Add the fish. Make into balls about the size of an egg. Flour the outside lightly, and fry in fat.

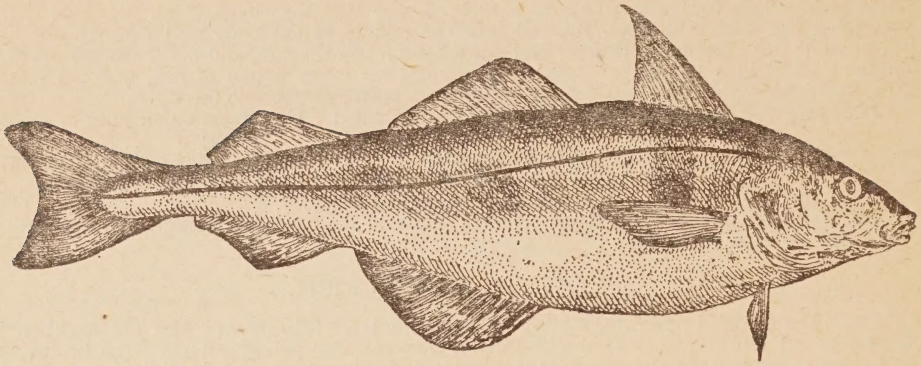
**Fish Chowder**—Boil separately any white fleshed fish, onion, and potato. Drain, remove the bones from the fish. Combine the three in one pan, add white sauce and reheat. Serve hot. This may be varied by adding pieces of bacon cut fine. This recipe is equally good when left-over fish is used.

**Scalloped Fish**—Take equal measure of canned or left-over fish, and Standard White Sauce. Arrange in layers in a baking-dish with sauce on top. Melt a small bit of fat and stir in enough dried bread crumbs to cover the top. Spread them evenly and bake in a hot oven until thoroughly heated through. The measure of fish may be made up partly with potatoes, cooked rice or hard-boiled eggs.

**Steamed Fish**—Any fish that is suitable for boiling may be steamed and requires the same length of time for cooking as boiled fish.



## CANADA'S CHIEF SEA FISH.



HADDOCK.

**HADDOCK**—This favourite fish is taken in great quantities on the Atlantic Coast. About 26,000 tons are landed annually, of which the greater part is consumed fresh. Haddock is not as well known as it deserves. Much of it is smoked and appears on the market in the form of Finnan Haddie. This may be bought whole or in fillets. The fillets have the skin and bone removed and are necessarily higher in price, as there is no waste.

**HADDOCK, BOILED**.—Wash and scale thoroughly, wipe the inside, and fasten the tail in the mouth with a skewer. Put 2 oz. salt into  $\frac{1}{2}$  gal. water, and when it is dissolved, put in the fish. Bring the water quickly to a boil, remove the scum, then simmer gently (about  $\frac{1}{2}$  hour), until the eyes of the fish start and the flesh leaves the bones easily. Take it up as soon as it is sufficiently cooked, or it will be hard and tasteless. Garnish with parsley, and serve with melted butter.

**HADDOCK, FLAKED**.—Boil a fresh haddock in the usual way, and when cooked lift the flesh from the bones, and let it fall into flakes. Season with pepper and salt, and sprinkle a little lemon-juice over it. Have ready a cupful of white sauce. Toss the fish and the sauce together; arrange the mixture on a dish that can be sent to table, put breadcrumbs on top, and bake in a hot oven for about 15 min.

**BAKED STUFFED HADDOCK**—Wash, scale and wipe fresh Haddock. Prepare a dressing with one ounce of chopped suet to two ounces of bread crumbs, one teaspoon of herbs and parsley. Season with a little salt and pepper. Add to this two tablespoons of milk or one half of an egg, and stuff the body. Sew up at opening. Brush over with beaten egg. Sprinkle with bread crumbs and a few bits of fat. Bake in a brisk oven until done, basting frequently. Pour over it a little melted dripping and serve hot.

Fresh Haddock may be baked, broiled, or fried. The left-over parts may be used in Chowder, Fish Pie, Fish Cakes, or Fish Croquettes, by the addition of a small quantity of onion, potato and seasonings.

**CREAMED FINNAN HADDIE**—Pour boiling water on the Finnan Haddie. Leave a few minutes, and pour off. This takes away some of the smoky taste. Lay the fish in a baking-pan and cover with milk or water. Cook gently in the oven until done. Make a white sauce, using the milk that is on the fish. To one cup of this milk use two tablespoons of flour, one tablespoon of butter and one eighth teaspoon of pepper. It requires no salt. Carefully remove the bones from the fish, breaking it as little as possible. Add this flaked fish to the White Sauce. Reheat, and serve at once.

**BAKED FINNAN HADDIE**—Put fish in a pan in the oven with a little water. Cook about half an hour or until done and drain off the water. Place on a hot dish, add a few bits of dripping and sprinkle with pepper and serve hot.

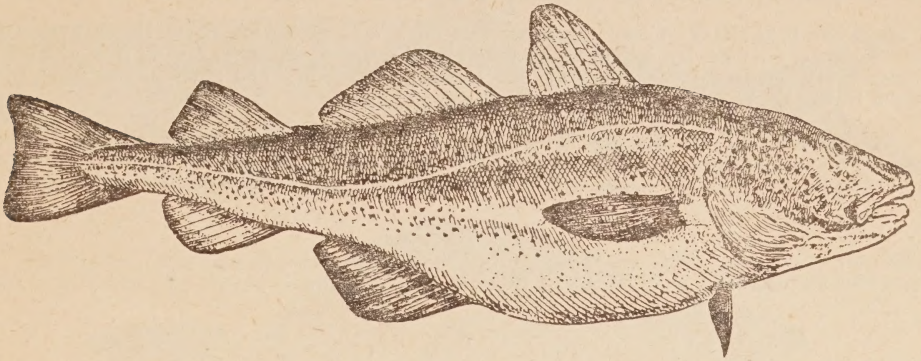
**COD**—Cod, either fresh or salted, provides some of our best fish food. This fish is very abundant, and is a cheap source of protein. About 100,000 tons are taken annually by Canadian fishermen. Much is salted, but, if its value were better known, more of this fine nourishing fish would be consumed fresh in this country with beneficial results to producer and consumer.

Cod are mainly caught from April to November, but are most plentiful from June to September inclusive.

**BOILED COD**.—A large cod-fish should not be cooked whole; the head and shoulders make a good dish by themselves, though the middle contains more solid meat. Well wash and cleanse the inside of the fish, put it into plenty of cold water, with a handful of salt, bring to a boil, skim carefully, let it boil gently, and when nearly cooked draw it to the side of the fire, and let it remain



until done. Plain melted butter may be served with it. Time to boil, 20 min. for a moderate-sized piece, longer for a large one.



COD.

**BOILED FRESH COD**—Wrap the fish in cheese-cloth, and place on the rack in a fish boiler, with enough tepid water to cover. Add salt and a tablespoon of vinegar. Bring to boil and boil gently until the fin or tail bone will come out if pulled lightly. When done, lift carefully out of the water, drain, dish up and serve with melted butter, Anchovy, Parsley or Oyster Sauce.

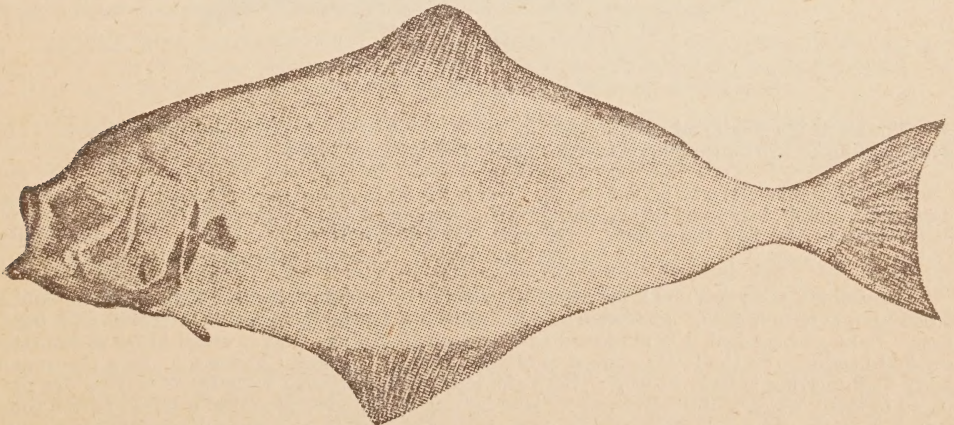
**BAKED COD**—Wipe the fish and place on a buttered baking tin. Prepare a dressing of bread crumbs, savory herbs, parsley, pepper and salt. Bind it with a little beaten egg. Place this upon the fish and season. Add to the top a little fat in the form of butter or dripping. Bake in a moderate oven for ten minutes for every pound and five minutes extra. Serve with Hollandaise Sauce with the addition of some Anchovy, or any sauce that may be preferred.

**FRIED COD STEAK**—Clean the steak. Sprinkle with salt and pepper, and dip in cornmeal. Cook in a frying-pan in a little dripping until light brown on each side.

**CODFISH BALLS**—1. Boil one cup of codfish. Boil and mash four good-sized potatoes. Combine the potatoes and codfish. Mash all together. Add butter, pepper and one beaten egg. Roll in flour to form balls and place in a frying-pan. Fry brown on one side, turn and brown the other. These may be egged, crumbed, and fried in deep fat.

2. Another good method is to take the same materials, cut the potatoes into three or four pieces, tear the fish into pieces, and boil together until the potatoes are tender. Then drain, mash and season with butter, pepper and egg, and drop by spoonfuls into deep hot fat.

**LUNENBURG SALT COD**.—Soak the fish over night. Pour off the water. Cut into small bits. Put on in cold water and bring to a boil. Pour off the boiling water, once or twice, and renew with fresh boiling water. Then add an equal quantity of potato pared and cut into cubes. Cook until the potatoes are done. Fry some sliced onions and pork scraps until the onions are cooked. Serve the fish and potatoes in a deep dish and pour the onions over the whole.



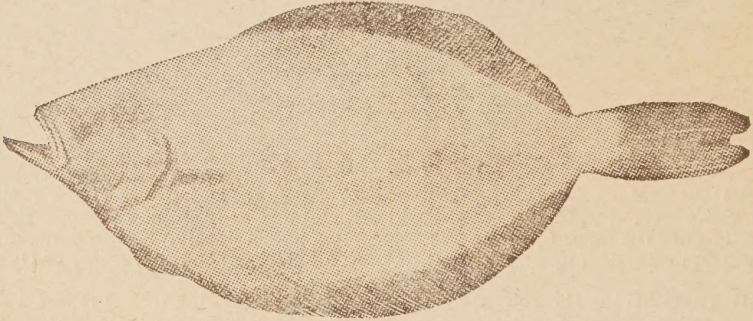
HALIBUT.



Halibut is one of the largest of the flat fishes common to the Atlantic and Pacific Oceans. The greater part of Canada's halibut comes from the Pacific—about one-fifth only being caught in the Atlantic. It is most plentiful during the summer months.

**BAKED HALIBUT**—Clean the fish. Put on a rack in baking pan. Brush over with butter. Bake, allowing ten minutes per pound, until the flesh separates readily from the bone, basting every ten minutes. Remove skin. Garnish with lemon and parsley, and serve with Drawn Butter Sauce.

**FRIED FILLET OF HALIBUT**—Remove the skin and bones from a slice of Halibut weighing about one and one half pounds. Cut into eight fillets. Sprinkle with salt and pepper and lemon juice. Roll, and fasten with a wooden skewer. Egg, crumb and fry in deep fat.



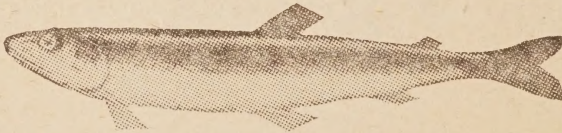
FLOUNDERS.

Flounder is an exceedingly common and readily procurable flat fish of good eating quality, seasonable during the winter months.

**FLOUNDER, Baked**—Flounder is often served as English Sole. It may be fried in the usual way. The following is a method of baking:

Fillet a flounder, and place the fillets on a well greased dish. Sprinkle over with finely chopped parsley, salt and pepper, and add a tablespoon of vinegar and enough fish stock to half cover. The fish stock is made by boiling the bones with an onion, a clove and a little salt about fifteen or twenty minutes. Over the fillets of flounder place bits of butter or lard, and sprinkle with bread crumbs. Bake in a hot oven about one quarter of an hour. Send to the table in the dish in which it was cooked.

**NOTE.**—Sole and Flounders are found in abundance on the Pacific Coast, and are very desirable forms of cheap fish.



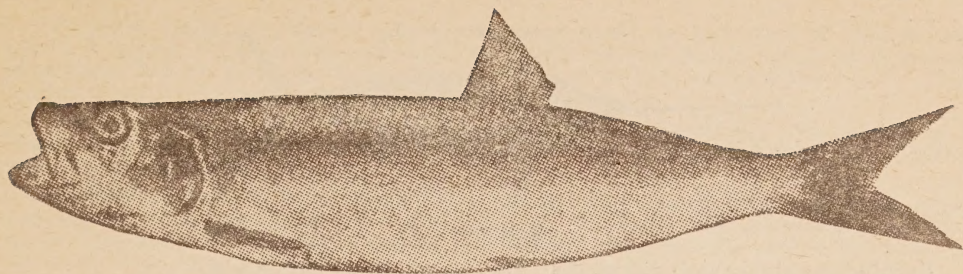
SMELT.

The smelt is a small and very delicate food fish native to the Atlantic and Pacific Oceans. It averages four or five ounces and is in season from December to March.

**SMELTS**—Smelts are served **fried**. Open the gills, draw each separately between the finger and thumb, beginning at the tail. Wash, clean and drain. Then salt, roll in a mixture of half cornmeal and half white flour. Fry in a frying-pan with plenty of fat. Take out, drain and serve on toast. They should be crisp and brown. Garnish with parsley and lemon.

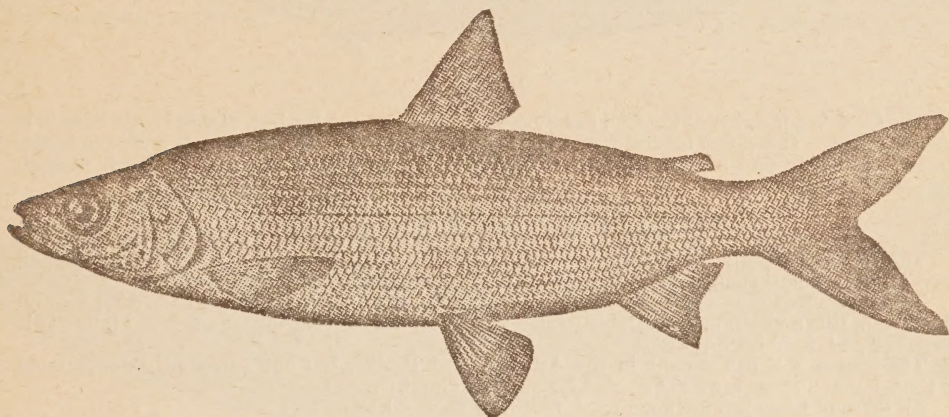
Herring is a tasty fish and is prepared in a number of ways in Canada. It should command a larger market than it does. Pickled in salt and brine it is put up in barrels, half-barrels and small kegs. Split and smoked it is marketed as bloaters and kippers, and in small boxes as boneless smoked herring. In the latter state it is often known as "Digby Chickens." As a cheap and tasty food, herring is hard to beat. Both the Pacific and Atlantic varieties of herring are prepared in many ways, and the fresh water lake herring is also pickled and in a smoked state commands a ready market as Ciscoes. In cans, herring is packed as kippered herring, plain or in tomato sauce.





HERRING.

Herring are caught on the Atlantic from April to November. They are in best condition from July to October. On the Pacific coast they are most plentiful from November to February.



LAKE HERRING.

**FRIED FRESH HERRING.**—Clean and scale the herring and wipe them well. Remove the heads. Roll in flour. Dust over with a little pepper and salt, and fry in a hot frying-pan. They need very little fat as they contain a great deal of oil.

**BAKED HERRING.**—Clean as for frying. Place in a baker on a rack enough herring to cover the rack. Put in one teacup of water, one-third of a teacup of vinegar, a bayleaf and one-half a teaspoon each of pepper and salt. Cover and cook one-half hour. Serve in the dish in which they are cooked.

**KIPPERED HERRING.**—Place the herring between a greased gridiron and cook over a bright fire for ten minutes. Spread a little butter over the top and serve.

**FRESH, BOILED HERRINGS.**—Wash, scale, and gut them, sprinkle with a little salt, and dip them once in vinegar; skewer them securely with their tails in their mouths, put them into boiling water, simmer very gently until done, 12 min., and take out immediately.

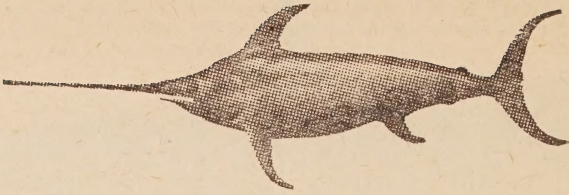
**SPICED HERRINGS.**—Clean 4 fresh herrings. Lay them in a dish with sufficient vinegar to cover them. add 4 cloves, 2 allspice, 1 tarragon leaf, pepper and salt as desired, and a pinch of cayenne. Bake slowly for 2 hours, place on a dish, garnish with sliced lemon, and serve cold.

## TONGUES AND SOUNDS.

The thick tongue of the cod and the sound—a glutinous substance which lies along the backbone of the fish—is put up in salt and pickle in barrels and pails. Fried or boiled, they are a particularly delicious and tasty food. The sounds of hake are largely dried and used for making isinglass and glue.

The swordfish is a remarkable fish native to the Atlantic Ocean. It has been recognized as a valuable food only of late years and is now regarded as one of the most palatable of salt water fishes. The flesh is white, free from bones, and with a taste not unlike veal. It is in season during the summer months.





SWORDFISH.

Swordfish are always cooked as steaks. They are called swordfish steaks.



CUSK.

The Cusk is a member of the Cod family. It is similar to the Burbot, and in Great Britain is known as Ling. It is a fine food fish, and is a favourite in the United States. It is sold in fillets. The smoked fillets find a ready market as a choice article of diet. It may be fried, broiled, creamed or scalloped.

### HAKE, POLLOCK AND SKATE.

The Hake is a native of the Atlantic, and much esteemed as food. It is procurable at all times, but in the best condition in the fall. It is largely salted and dried for export.

The Pollock is a salt water fish, native to the Atlantic and belonging to the Cod family. When fresh, it is a cheap and palatable food. It is at its best during the summer and fall. It is also salted and dried for export.

The Skate is a fish caught in the Atlantic, and Pacific, but not sufficiently appreciated by Canadians. There is a good market for Skate in Great Britain.

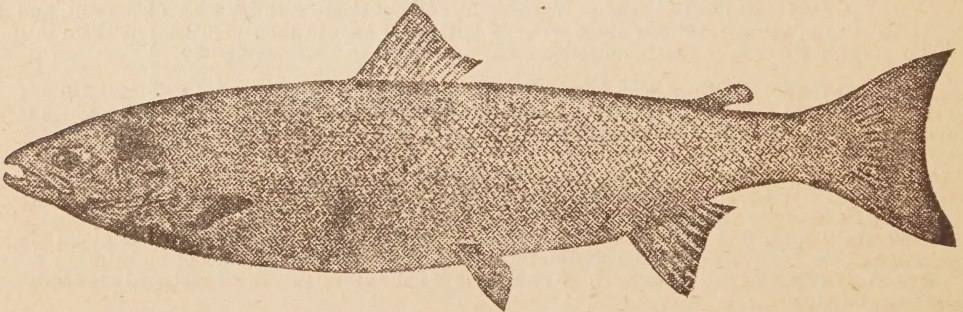
All three of these fish are good fried, boiled or creamed.

**BAKED HAKE.**—Baked Hake is a favourite fish. The head is left on, and it is stuffed with dressing. Strips of fat pork or bacon are put over it, and it is baked and served whole on the platter with Drawn Butter Sauce.

**HAKE CUTLETS, Fried.**—Cut 2 lb. hake into cutlets, dry them well, and dip them into a thin batter of flour and water. Cover them with breadcrumbs, and fry them in hot lard or dripping, until brightly browned on both sides. Put them to drain, and garnish with parsley.

Skate may be fried in the pan or dipped in batter and fried in deep fat. It is also excellent boiled. This fish is extremely gelatinous and rich in phosphorus, and is considered one of the most nourishing of all fish foods.

**SKATE, Fried.**—Cut the skate into square pieces; let these lie for an hour in cold water with a little vinegar, a sprig of parsley, and a few peppercorns, drain, dry, and flour them, dip them in egg and breadcrumbs, and fry them in hot dripping till they are lightly browned.



SALMON.

The Salmon is native to the Pacific Coast, to the Maritime Provinces of Canada, Labrador and Newfoundland. The Atlantic Salmon is most plentiful during June and July, the close season for it extending from August to April. The Pacific varieties can be obtained fresh and frozen throughout the year.

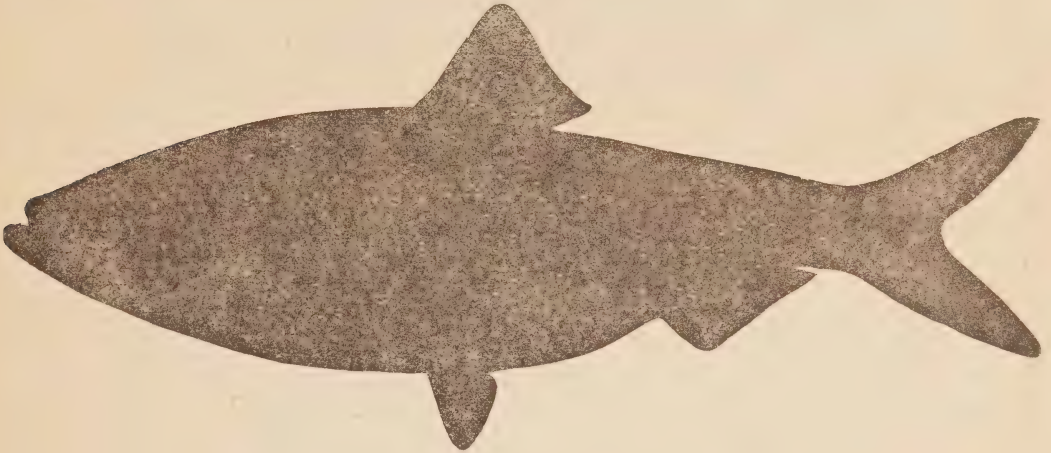


**Canned**—Great quantities of salmon are canned yearly, so that much of what is used inland is canned. With canned salmon we may make Salmon Salads, Salmon Loaf, Salmon Croquettes, Salmon Timbales, Salmon Souffle, Scalloped Salmon and Creamed Salmon. The method in use for these is the same as for any other meat or fish.

**SALMON, Boiled**—Rub a fish about six pounds in weight with salt. Tie carefully in a cheese-cloth, and boil slowly three quarters of an hour. Serve with Egg or Caper Sauce. Garnish with parsley and lemon.

**SALMON LOAF No. 1.**—One small can of salmon; one cup of dry bread crumbs rolled fine one egg; two tablespoons sweet milk; pepper and salt. Remove bones from salmon, break into small pieces, and well-beaten egg, seasoning, and cracker crumbs; bake in a well-buttered dish for fifteen minutes; serve hot.

**SALMON LOAF, No. 2.**—One can salmon, one pint of mashed potatoes, one cup browned cracker crumbs, two cups of parsley sauce. Grease a good-sized mould with butter, sprinkle with, cracker crumbs, and line with mashed potatoes. Drain oil from salmon and remove skin and bones. Season with pepper and salt and pack in mould. Cover with potatoes and then cracker crumbs put a few pieces of butter on top, and bake one-half hour in fairly hot oven. Turn out and pour parsley sauce over. The oil drained off the salmon may be used in making this sauce.



GASPEREAU OR ALEWIFE.

This is sometimes known as a Branch herring. It is found in either salt or fresh water, and is in season from April to June, fresh. It is extensively salted and sold in this way. It may be cooked as any fresh or salt herring.

### MACKEREL.

**FRESH MACKEREL, Baked**—Split fish, clean and remove head and tail. Put in buttered dripping pan, sprinkle with salt and pepper and dot over with dripping (allowing one tablespoon to a medium sized fish.) and pour over two-thirds cup milk. Bake twenty-five minutes in a hot oven.

Mackerel will not keep fresh as long as other fish; it is therefore necessary that it should be consumed whilst perfectly fresh.

**Boiled**—Wash, clean, remove insides, remove heads and tie the fish in a cheese-cloth. Put in boiling water, and boil gently for thirty minutes. Serve with Drawn Butter Sauce. Garnish with parsley.

**Fried and served with bacon**—

Fry six good sized slices of bacon. Split the Mackerel down the back and clean, scraping all the thin black skin from the inside. Wipe dry, and lay in the frying-pan; fry on one side a nice brown, then turn and brown the other side. Season with butter, pepper and salt. Serve with the bacon.

**SALT MACKEREL**—Soak in plenty of water from ten to twelve hours before cooking. Cook as fresh Mackerel.

**Broiled.**—Soak the Mackerel for twelve hours or more with the skin side up, and change the water several times. Simmer for fifteen or twenty minutes in the water with a teaspoon of vinegar, a bay-leaf, one slice of onion, and a sprig of parsley. Then drain and broil. Serve with a little dripping, lemon juice and chopped parsley.

Mackerel are caught from May to November. They are most plentiful in May, June and in September and October.



## CANADIAN SHELL FISH.

**Shell Fish**—are oysters, clams, scallops, lobsters, crabs and shrimps.

**Oysters**—are in season from September to May. They may be creamed, broiled, fried, scalloped, served raw or in Oyster Soup. Oysters are valuable in Sick Room Cookery.

**LOBSTERS** in a fresh state are more abundant from June to September. They appear on the market throughout the year **CANNED**. In using canned Lobsters, the contents of the can should be removed **IMMEDIATELY** upon its being opened.

## CANADIAN FRESH WATER FISH.



SALMON TROUT.

The inland waters of Canada abound in excellent fish, and these are not used in quantities warranted by their excellence. There are many kinds of food fish of which the White Fish and Salmon Trout are much in demand. It would surely reduce the cost of living if many more people learned to eat the cheaper fish, such as Pickerel, Herring, Pike, Carp, Catfish, Eels, Perch and Burbot. These are just as good food as the more expensive kinds and every bit as palatable when properly cooked.



WHITEFISH.

This is the most important and the best known of the fresh water fish. It is easily procurable from April to December. Its flesh is very fine and has high food value.

White fish can be broiled or cooked in milk on the top of the stove. Add a little butter always before serving.

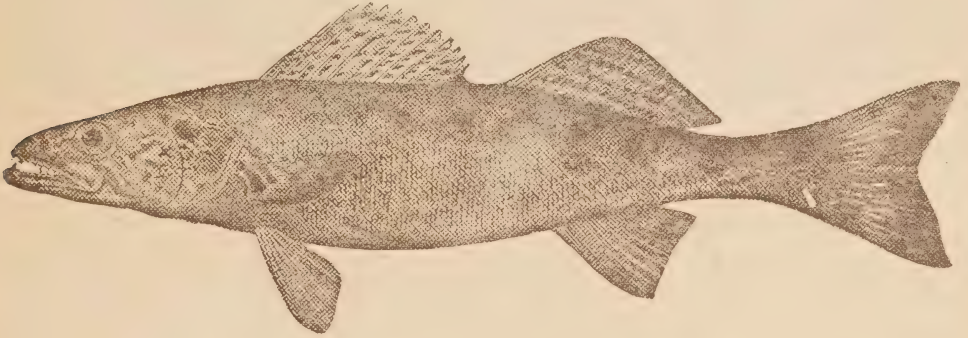
**BAKED WHITE FISH.**—Clean, stuff and skewer in the shape of an S. Brush over with dripping and bake in a hot oven until done, basting frequently. The time varies according to the size of the fish. Usually from thirty to forty minutes. Serve with any good fish sauce,—Drawn Butter, Hollandaise or Lemon.



White Fish, Lake Trout and Pickerel, Bass, Perch, Pike or any fresh water fish, may be boiled or baked as any other fish. All fresh water fish, are good for frying. The method is the same,—clean, dry, roll in fine oatmeal, cornmeal or white flour, and fry in a frying pan in fat.

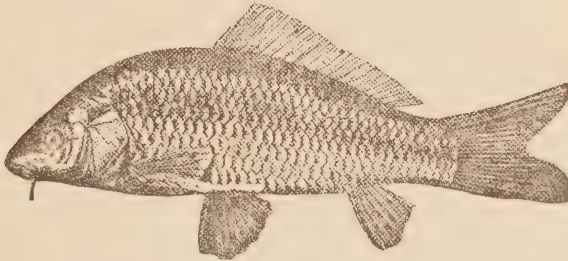
**BROOK TROUT OR SPECKLED TROUT**—These can be fried by the same method as Smelts.

**BASS**—There is no fresh water fish that has a finer flavour than Bass. To prepare, scale or skin, rub dry, and put in a cold place until needed. Roll in flour, cornmeal or oatmeal, and fry in a frying-pan until a light brown on each side.



PICKEREL OR DORÉ.

The flesh of the pickerel is firm, flaky and white, and it is much esteemed as a food fish. It is in season during the summer months.



CARP.

An exceedingly common fish in the Great Lakes of Canada. It is not regarded as being of much food value by Canadians but persons from the Continent of Europe have a fancy for it. It is procurable throughout the summer months. Average size is around 3 and 4 pounds.

Carp can be cooked in a similar manner to Whitefish.

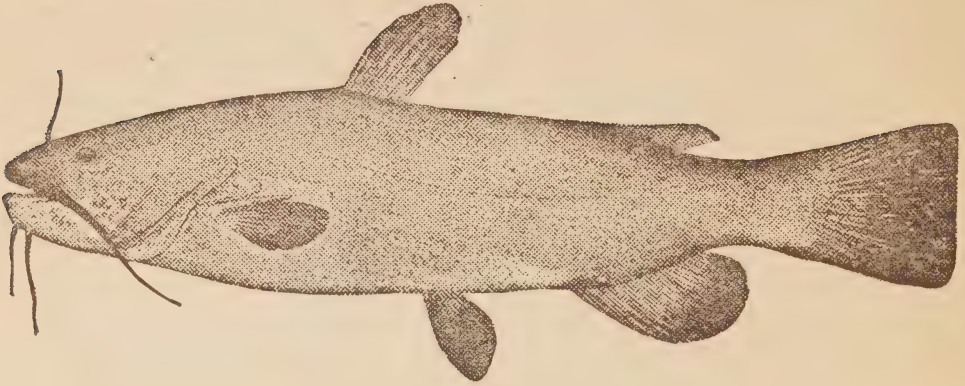


STURGEON.

The sturgeon is native to the Atlantic and Pacific Coasts, and the rivers and inland lakes of Canada. It is procurable at all seasons and particularly good in the summer months. It is free from bone, and is good for slicing and for cutlets. Sturgeon roe is used for making caviare.



Pike is a common fresh water fish found in the inland waters. It is a good fish and can be either fried or baked.



CATFISH.

The catfish is sometimes called Bullhead. This is a fresh water fish. They are not attractive in appearance and are usually sold on the market cleaned and skinned. They are always served fried.

### BURBOT.

This fish is variously called eelpout, eeling, ling and other names. The Burbot has the distinction of being the only fresh-water member of the cod family, all of its relatives living in the sea. It is found in all our Great Lakes, and a big demand has been created for it throughout the United States. Its flesh is white and delicate, and it is equal to any of the better known fish. The Burbot is coming on the market at a price which will place it within reach of every person.

#### RECIPES FOR COOKING BURBOT.

1. **FRIED BURBOT.**—Remove the backbone from four pounds of Burbot and cut the fish into suitable pieces for serving. Salt and pepper both sides, dip in egg and roll in cracker dust or bread-crumbs. Fry on both sides to a golden brown. If the fish are large, they are better if the pieces are first parboiled.

2. **BOILED BURBOT.**—Boil three pounds of fish and serve with egg sauce made as follows: Thicken one pint of milk with corn starch or flour, add a lump of butter the size of a walnut, one egg, salt and pepper. Boil and stir briskly until flakes of egg yolk come to the top.

3. **SCALLOPED BURBOT.**—Place two cupfuls of skimmed fish cut into small pieces in a baking dish. Dredge over it one-third cup of flour, add one-half tablespoonful of salt, pepper, and two tablespoonfuls of butter. Cover with milk and bake for 30 to 40 minutes.

From Bulletin, Dept. of Commerce (Bureau of Fisheries), Washington.

### FISH EGGS.

Otherwise known as roes and peas. The roes of shad, haddock and cod, are to be procured in a fresh, smoked and salted form. The roe of the sturgeon is especially valuable and is prepared into the world famous caviare.

**WHITE FISH ROE.**—Boil twenty minutes, then cut into slices. Egg and crumb, and fry to a light brown.

**BAKED SHAD ROE OR MACKEREL ROE.**—Cook Shad Roe fifteen minutes in boiling salted water to cover with one-half tablespoon of vinegar. Drain, cover with cold water and let stand five minutes. Take from cold water, place in a buttered bake dish with a cup of tomato sauce. Bake twenty minutes in a hot oven.

### FISH COOKED IN VINEGAR.

**FISH IN VINEGAR.**—Fish, especially oily fish are very palatable cooked in vinegar. Burbot and Eels are especially good this way. Prepare fish for the pan, place in granite baker with water to half cover, to which is added a cup of vinegar, some small red pepper corns, salt and a bayleaf. Cook in oven till done. Any fish can be cooked this way. They are good eaten either hot or cold.



## DELICIOUS SAUCES FOR FISH.

Most kinds of fish are improved by the addition of a sauce of some kind. The same sauces may not be served with all kinds of fish. Many sauces, other than the bottled commercial sauces, are variations of the standard white sauce. We give the following sauces and their variations:—

**Standard White Sauce**—2 level tablespoons flour;  $\frac{1}{4}$  level teaspoon salt;  
2 level tablespoon butter;  $\frac{1}{8}$  level teaspoon pepper;  
1 cup milk.

Melt the butter, add flour and seasoning, then add milk slowly, and cook thoroughly, stirring constantly to keep from burning.

**Egg Sauce**—To a standard white sauce add a hard boiled egg chopped very fine; or add the yolk, chopped fine, to the sauce, and grate the white through a sieve over the fish when serving; or chop the white of hard boiled egg into sauce and rub the yolk through a sieve over the fish.

**Egg and Parsley Sauce**—is made as a standard white sauce, with the addition of chopped hard boiled eggs, and a tablespoon of chopped parsley.

**Drawn Butter Sauce**—Make as standard white sauce, using same quantities of flour and butter, and using water instead of milk.

**Cucumber Sauce**—is Drawn Butter Sauce with the addition of some finely chopped cucumber.

**Caper Sauce**—is Drawn Butter Sauce with the addition of a small quantity of capers.

**Hollandaise Sauce**—is White Sauce with the addition of the yolk of an egg, and, after removing from the fire, the juice of half a lemon. Hollandaise Sauce is acid, and can be served with either boiled or baked fish or fish timbales, etc.

A richer sauce requiring more butter can be made with the following:—

$\frac{1}{2}$ cup butter,	few grains cayenne,
Yolk of two eggs,	juice of one lemon,
$\frac{1}{4}$ teaspoon salt,	$\frac{1}{4}$ cup boiling water.

Cream the butter, add the yolks of the eggs, and beat thoroughly; add the salt, cayenne and the boiling water. Cook in a double boiler, stirring until the sauce thickens; remove from fire and add the lemon juice. Guard against over-cooking.

**Maitre d'Hotel Sauce**—Beat two tablespoons of butter to a cream with the juice of half a lemon, adding a tablespoon of finely minced parsley. Serve cold with hot fish. This may be served in a little cup made of half a lemon with the pulp and the inside white skin removed.

**Horseradish**—To a cup of Standard White Sauce, add a tablespoon of grated horseradish, wet with lemon juice, and work to a creamy whiteness.

**Tomato Sauce**—Make as White Sauce, using instead of milk, tomato juice that has been strained from cooked tomatoes, with the addition of an onion.

**Sauce Tartare**—is Mayonnaise with the addition of finely chopped pickles, capers, olives and parsley.

**Hot Sauce Tartare**— $\frac{1}{2}$  cup White Sauce,  
 $\frac{1}{2}$  cup Mayonnaise.

To this add  $\frac{1}{2}$  tablespoon each of finely chopped capers, pickles, olives and parsley.

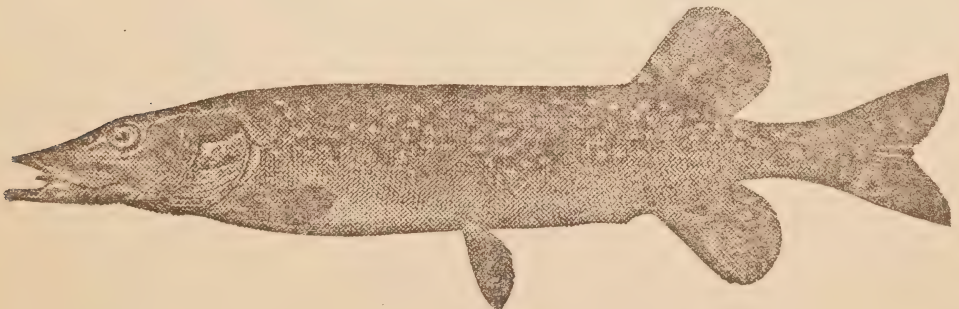


FIG. 1.



# FOOD CONTROL IN CANADA.

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## 1. General Ends to be Accomplished:

- (A) To have available as large a quantity as possible of suitable foods for the Allied armies;
- (B) To have available as large a quantity as possible of suitable foods for the civilian populations of Great Britain and the allies;
- (C) To have sufficient and suitable food at reasonable prices for the civilian population of Canada.

## 2. Means Through Which These General Ends May Be Accomplished:

- (A) Increase in the production of foods;
  - (B) Elimination of waste in the handling and use of foods;
  - (C) Shifting of the consumption, in part, from foods needed for the armies and civilian populations of Great Britain and the Allies, chiefly *wheat* and *flour*, *beef* and *bacon*;
  - (D) Prevention of unnecessary increase in prices of foods.
- 

# ORGANIZATION OF ADVISORY BODIES.

(VOLUNTEER PATRIOTIC SERVICE.)

### Special Committees.

To investigate, formulate, and suggest plans for dealing with particular problems coming before the Food Industries, Food Distribution and Food Saving Bureaus, which deal with various phases of the food problem such as distribution, costs and prices, consumption, etc.

*Personnel* to include representatives of

Producers,  
Manufacturers,  
Handlers,

Consumers, as the cases and circumstances may require.

### Advisory Council

To advise Bureaus through the Food Controller on questions of Productions, Manufacture, Transportation, Storage, Distribution, Costs and Prices, Consumption, Exportation, etc.

*Personnel* to include representatives of

Government Departments,  
Churches,  
The Press,  
Educators,  
Scientists,  
Urban Business,  
Farming,  
Labor Organizations,  
Provincial Committees.

### Provincial Committees

To co-operate in securing means and methods for carrying out plans prepared by Bureaus and approved by Food Controller.

*Personnel* to include representatives of

Provincial Government Departments,  
Local Governments and Boards, Churches, The Press, Educators, Urban Business, Farming.  
Labor Organizations,  
Women's Organizations,  
Men's Organizations.



## HELP THE FIGHTERS TO WIN

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**SAVE WHEAT.**—Great Britain and our Allies must have 460,000,000 bushels from Canada and the United States. Normal consumption must be reduced by at least 25% to meet war needs.

**SAVE BEEF AND BACON.**—Normal consumption must be reduced by at least 25 per cent to meet war needs.

The demand for these commodities is imperative. The men in the trenches will go hungry if you fail them. Will you let them fight for you and not fight for them?

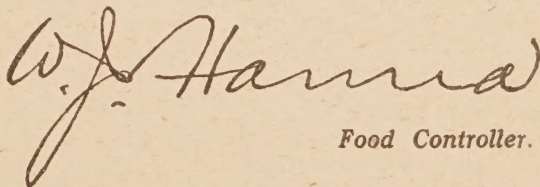
**YOU CAN USE SUBSTITUTES**—such as other meats, fish, eggs, milk, oatmeal, barley, etc., with benefit to health.

**YOU BETRAY YOUR COUNTRY'S CAUSE WHEN YOU WASTE FOOD.**—Over \$50,000,000 worth of foodstuffs goes into the garbage waggons of Canada every year. Such waste in wartime is a crime. Your loyalty is measurable by your saving.

**EAT PERISHABLE PRODUCTS.**—Preserve, dry, can and store the garden truck which has been produced so abundantly this year. By doing so you prevent waste and release storable foods for export.

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**VICTORY IS DEPENDENT UPON THE EXTENT OF YOUR FOOD SERVICE.**

A handwritten signature in dark ink, reading "W. J. Hanna". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

October 25, 1917.

Food Controller.



# Your Part in the War

Every one must play some part in the war.

What part are you playing?

If you can't get in the firing line of battle, get  
in the firing line of finance—help the nation win  
—Buy a VICTORY Bond!

Every bond bought is just so much ammunition  
in this war for Liberty and Democracy. Every  
bond bought brings victory nearer. Every bond  
bought makes peace sooner and surer.

*Do your Part! Buy a Victory Bond!*









## CANADA.

*Fish is the only flesh substitute for meat which we have available in large quantity, and even if it costs as much as or more than meat, every Canadian who, in so far as he is able, eats fish and thus releases beef and bacon is performing a patriotic duty and will be helping the men at the Front. The Food Controller is making every effort to increase the supply of fish but obviously the most essential co-operation he needs is that the public as consumers should increase their demand.*

**R. L. BORDEN.**